

HANDOUTS:



Yellow Summer Squash



Fact Sheet

Where did they come from?

For more than 5000 years, squash has been a staple for the Native Americans and was a mainstay for early European settlers in America. During the nineteenth century, merchant seamen brought new varieties of squash from other parts of the world to America. New England colonists gave this vegetable its name from several Native American words, of which all meant “something eaten raw”. Today squash is available in numerous shapes, sizes and colors, such as white, yellow, orange, green-brown, gray and even striped!

Where do they grow?

Squash is grown in many states including North Carolina, Kentucky, California, Florida and New Jersey. Florida is the leading state for squash production in the country and New Jersey is nationally ranked the 4th. Seventy percent (70%) of squash is grown in southern counties such as Gloucester, Cumberland, Salem and Atlantic. Other New Jersey counties that grow squash include Burlington, Monmouth, Hunterdon, Morris, Sussex and Warren Counties. Squash is available all year round.

How do they grow?

Yellow summer squash seeds are planted in rows, which are spaced 5 to 6 feet apart. The plant is low to the ground with large leaves. The squash actually grows from the plant's flower. Farmers will place honeybee hives on the squash field edges to promote pollination and help the squash plants to grow. The summer squash is hand harvested in the field and brought into packing barns where it is washed and cleaned of all dirt. Summer squash is handled carefully when grown because they can easily become scratched or bruised.

Are they healthy?

- ✋ Contains high amounts of vitamins A and C
- ✋ Naturally fat, cholesterol and sodium free
- ✋ Skin is packed with nutrients --- Do not peel!

How do you pick a good one?

- ✋ Firm and fairly heavy for their size ✋ Bright, glossy exterior
- ✋ Small to medium size; Approximately 7 inches long
- ✋ Avoid squash with nicks, scratches or soft spots on their skin

☺ FUN FACTS! ☺

Yellow Summer Squash

Did you know...

- ☺ Did you know squash is one of the most important vegetable crops in New Jersey?
- ☺ Did you know that summer squash has a soft edible shell or skin and winter squash has a hard shell or skin?
- ☺ Did you know that squash comes in two different varieties ---summer and winter?
- ☺ Did you know that yellow squash is available with a crooked neck and with a straight neck? Their names --- “Yellow Crookneck” and “Yellow Straightneck”.
- ☺ Did you know the skin and rind of summer squash are rich in beta-carotene but the fleshy portion is not? Eat the entire squash for a healthy diet.
- ☺ Did you know there is a squash that can be prepared like spaghetti, taste like spaghetti and actually is called “Spaghetti Squash”?
- ☺ Did you know there is a squash that has the name of an animal, “Chayote” (pronounce like coyote)?
- ☺ Did you know that different varieties of squash can be interchanged in recipes because they have similar texture and flavor?
- ☺ Did you know that pumpkins are a variety of winter squash?
- ☺ Did you know there is a squash that looks like a flying saucer? It is white and called “Pattypan”.
- ☺ Did you know there is a squash that looks like a large acorn? It is green and is called an “Acorn Squash”.

Remember ...

Include 5 - 9 servings of fruits and vegetables per day!



School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions which you may choose at your own discretion

RECIPES:

- ✓ Try a new recipe with yellow squash ---
 - Ranch Veggies (attached)
 - Italian Salad with Balsamic Vinaigrette Dressing (attached)
 - Zucchini and Yellow Squash Ratatouille (attached)
 - Vegetable Lasagna USDA #D-50
(substitute yellow squash for half the amount specified for zucchini)
- ✓ Offer a squash combo; yellow and green with seasonings
(add red peppers for color)
- ✓ Offer raw yellow squash and zucchini strips or circles with low fat dip
- ✓ Serve cold slices on salad bar, with premade salads or as a side vegetable
- ✓ Offer sautéed squash as a vegetable topping for pizza
- ✓ Fill a soft tortilla or 7" pizza dough with cooked or roasted squash, peppers and tomatoes ---
Create a Vegetable Calzone or Wrap *(add mozzarella cheese for the meat/meat alternate)*

Presentation

Meal Appeal ----- Color
Proper cooking ensures
bright, crisp colors!
Batch cook vegetables
Cook before each lunch

MARKETING:

- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit *(Meal Appeal Manual)* page 9

Quality:

Choose
Firm, Medium Size,
Smooth Skinned
Yellow or Green
Squash

PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;
Give this menu a special name *(Example: Soar with Squash!)*
- ✓ "Guess the Squash Name" --- Display different squash varieties; Have students guess the correct name; Pick a winner during each lunch; Award students a prize
- ✓ Feature "Yellow Day" on the day that you offer yellow squash on your menu
 - ✓ Encourage the entire school to get involved
 - ✓ Reward students with a small prize if they are wearing yellow
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
 - ✓ Select produce in season
 - ✓ Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit *(Meal Appeal Manual)* pages 16-31

Safety:

Be sure
delivery trucks
are clean!



School Food Service Link.....



School Food Service Recipes



ZUCCHINI & YELLOW SQUASH RATATOUILLE

R E C I P E

Yield: 200 each 4 oz. servings

Recipe from: FLAV-R-PAC

MEASURE	INGREDIENTS
11 lbs.	Eggplant, cut into 1" squares
2 ¾ cups	Olive oil
5 ½ lbs.	Yellow onion, sliced
¾ cup	Minced garlic
11 lbs.	FLAV-R-PAC Sliced Zucchini, frozen
11 lbs.	FLAV-R-PAC Sliced Yellow Squash, frozen
5 ½ lbs.	Tomatoes, quartered, seeded
4 lbs.	Red pepper, cut into chunks
½ cup	Italian seasonings
7 lbs.	Mozzarella cheese, shredded

DIRECTIONS:

1. To prepare eggplant: place in colander; sprinkle with salt and let drain for 30 minutes; rinse.
2. In a large stock pot; heat oil with onions, garlic and eggplant; sauté 10 to 15 minutes until cooked.
3. Add zucchini and yellow squash; cook 8 to 10 minutes until heated through and all the water is evaporated.
4. Add tomatoes, peppers and seasonings. Distribute ratatouille in steam table pans and sprinkle with cheese. Bake at 400°F uncovered for 20 minutes.

NUTRITION ANALYSIS PER SERVING:

Calories	185	Total Fat	11 g
Protein	10 g	Cholesterol	18 mg
Carbohydrates	10 g	Sodium	170 mg
Dietary Fiber	2 g	Cal. from Fat	55%

RANCH VEGGIES Yield: Approx. 28 Servings (½ cup each)

- ✓ Combine 1 packet dry ranch dressing (½ cup) & ½ cup vegetable oil
- ✓ Toss with 8 pounds of frozen or fresh yellow squash, zucchini & red peppers*
- ✓ Bake at 350° (convection oven) for approx. 25 minutes; Stir while baking to blend flavors

***Note:** Any vegetable combination can be substituted

ITALIAN SALAD with Balsamic Vinaigrette Yield: Approx. 24 Servings (½ cup each)

- 1 doz. Tomatoes, Diced
- 3 ea. Zucchini, Sliced Thin
- 6 ea. Yellow Squash, Sliced Thin

Combine vegetables with ¾ cups lite or low fat balsamic vinaigrette dressing; Refrigerate
Add basil for extra flavor